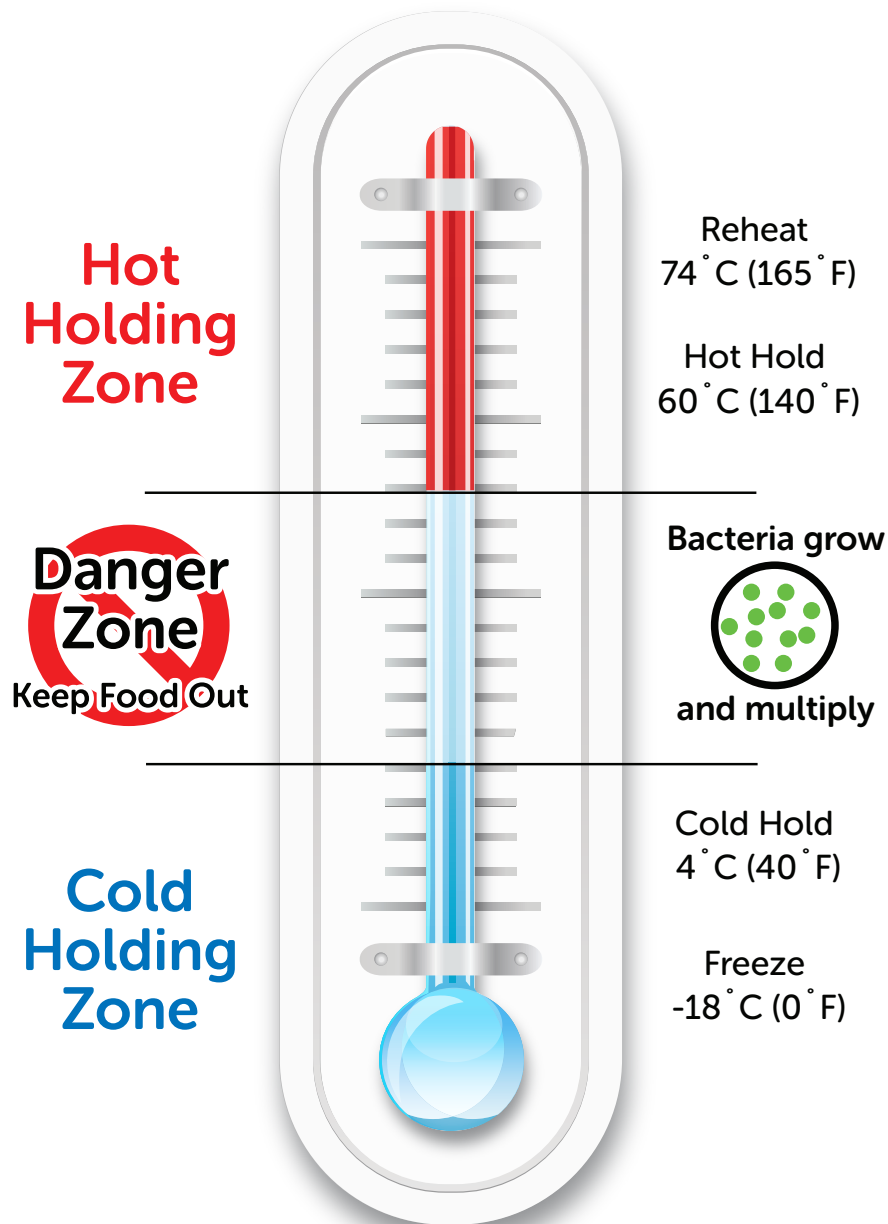


# THERMOMETERS

Between 4°C and 60°C is the temperature range where bacteria can multiply and other disease-causing micro-organisms survive. Keep food out of this Temperature Danger Zone to reduce the risk of foodborne illness.

Re-heat, hold (hot or cold) or freeze food to the following temperatures:

**Reheat:** 74° C (165°F)   **Hot hold:** 60° C (140°F)   **Cold hold:** 4° C (40°F)   **Freeze:** -18° C (0°F)



# HANDWASHING



**1. Wet hands and apply liquid soap.**



**2. Lather hands, wrists and forearms, applying friction, for 20 seconds.**



**3. Rinse under running water.**



**4. Dry with disposable towel.**



**5. Turn off tap with towel.**

## **Wash BEFORE:**

- Starting work
- Putting on gloves
- Preparing food
- Handling ready-to-eat food
- Handling clean dishes

## **Wash AFTER:**

- Handling food, especially meat/poultry
- Eating or smoking, touching your face/hair on anything else that could contaminate your hands (money)
- Sneezing, coughing, blowing your nose, going to the washroom
- Cleaning food prep areas or washing dishes
- Cleaning washrooms or taking out the garbage
- Sneezing, coughing, or blowing your nose
- Eating or smoking

# GLOVES

## Don't be **SUPERMAN!** Change your gloves!

**Superman Syndrome**...preparing, handling and touching anything and everything while wearing the same pair of gloves.

**Don't do it! Stop - change your gloves!**

Gloves are a single use item and must be thrown away after each use! Always wash your hands after removing gloves or before changing into a new pair!



### Change your Gloves:

- when they become soiled or torn
- after handling raw meats
- before handling cooked or ready-to-eat foods
- when leaving your task
- at least every four hours during continual use and more frequently when necessary
- at any time when you would otherwise wash your hands

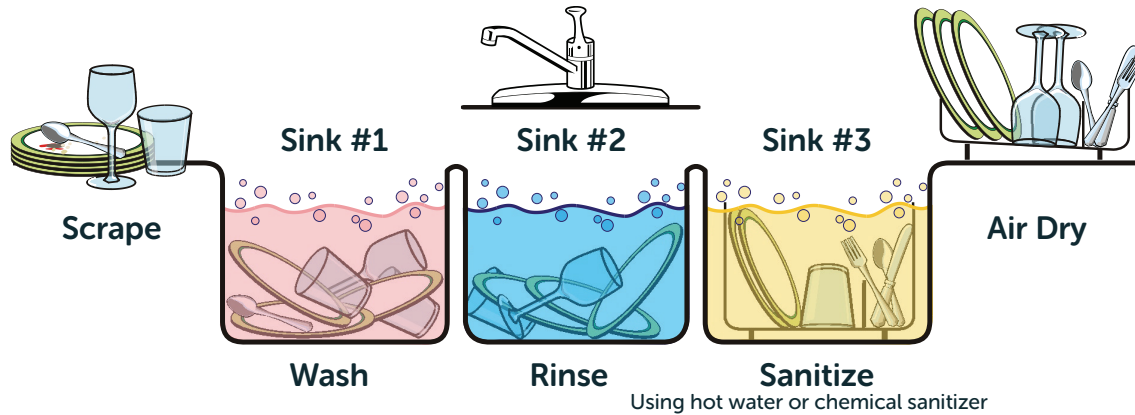


[www.ingoodhands.ca](http://www.ingoodhands.ca)

# DISHWASHING

## Dishwashing: 3 sink method

### For Multiservice Articles



## Dishwashing: 2 sink method

### For Pots, Pans and Cooking Utensils



### Sanitize using hot water:

- Immerse (dunk) dishes in hot water (77°C) for 45 seconds

OR

### Sanitize using chemical sanitizers:

- Make sure water temperature is 24°C (74°F).
- Sanitize for 45 seconds.
- NEVER mix chemicals. Combining chemicals is toxic!
- Use one of the following chemical sanitizers, and measure it correctly!
  - Chlorine ("bleach"): 100 ppm (mix 1 ml (1/4 teaspoon) to 500mL (2 cups of water)
  - Iodine: 25 ppm follow the manufacturer's instructions
  - Quaternary Ammonium ("Quats"): 200 ppm follow the manufacturer's instructions
- Check the concentration of the chemicals using test strips